

Health & Wellness Committee

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**Healthy Choices—
“Recipes for the Heart from the Heart”**

Basic Frittata

- | | |
|---|--------------------------------|
| 4 eggs | freshly ground pepper to taste |
| 2 tablespoons all-dairy heavy cream | dash cayenne pepper |
| 2 teaspoons minced fresh herbs
[parsley, dried thyme, basil,
dried oregano, dill] | 2 tablespoons unsalted butter |
| | ½ cup grated mozzarella cheese |

Preheat broiler. In a medium bowl, using a fork, whisk eggs, cream, fresh herbs, black pepper and cayenne pepper. Set aside.

In a 10-inch flameproof skillet, melt butter over medium-high heat. When butter is hot and bubbly, add egg mixture. As eggs cook, lift edges to allow uncooked egg to seep underneath. When bottom is set, but top is still moist, spread cheese over egg and place under broiler. Broil 1 to 2 minutes, checking frequently, until top is golden and puffed up. Add peppers, ham, mushrooms or other protein and vegeta-

Quick Fix Dessert

If you tasted the pineapple angel food cake at our recent tea, prepared by Cheryl Stasio, then you’ll want to have the recipe for this light, delicious dessert from Weight Watchers.

- Ingredients:
- Angel Food Cake mix
20 oz. can of crushed pineapple in its own juice.

Mix the cake mix and undrained pineapple. Bake according to package directions. This would be a great addition to Easter dinner or entertaining. Enjoy!

We Want You

Do you have any ideas for activities to promote health and wellness at ORS? Exercise your mind by joining the Health and Wellness Committee at one of their next meetings in the fifth floor conference room. They are the following Fridays:

- April 21 – 2 PM - May 19 – 11 AM - June 23 – 10 AM
July 21 – 11 AM - August 18 – 11 AM



Office of Rehabilitation Services
Health and Wellness Matters

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**Ask the Doctor
By “Dr. Conklin”**

March is Colorectal Cancer Awareness Month in RI!

Colorectal cancer accounts for the second highest rate of cancer deaths in America. Like other forms of cancer, early detection is the best way of treating it. Follow these guidelines – get a fecal occult blood test and a flexible sigmoidoscopy every five years or have a colonoscopy at ten-year intervals or have a double contrast barium enema every five years. Eat foods high in fiber and low in fat.

Colorectal cancer is preventable, treatable and beatable. Contact <http://preventcancer.org> to order your bracelet, then see your health care professional to get screened.

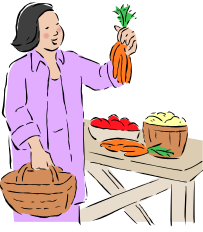
April is Stress Awareness Month

Stress is a natural part of life. It can be both physical and mental. Tips for reducing or controlling stress from the National Mental Health Association, <http://nmha.org> are to:

- ☺ Be realistic ☺ Have hobbies ☺ Exercise
- ☺ Meditate ☺ Visualize ☺ Healthy lifestyle
- ☺ Give in occasionally, be flexible

April is also National Nutrition Month

- You can check the ingredients list and serving size
- Find out which foods are good sources of fiber, calcium, iron and vitamin C
- Compare similar foods to find out which one is lower in fat and calories
- Search for low sodium foods
- Look for foods that are low in saturated fats and *trans* fats



This can help you make healthy food choices that meet your nutritional goals.

May is Allergy and Awareness Month

On Saturday, May 6 the American Lung Association of RI will sponsor the “Blow the Whistle on Asthma”, an annual walk to support the 24 million Americans who suffer from asthma. Check in is at 8:30 am at the Temple to Music at Roger Williams Park with the walk beginning at 9 am. If you are unable to physically participate, you can join the “virtual walk” and still help raise money and earn incentives. Visit their website at www.lungusa.org.

Health and Wellness Calendar of Events

May Brunch

What could be better than a May Breakfast? A May Brunch/Baby Shower for Teresa which will be held on Friday, April 28 from 11 AM to 1 PM, on the fourth floor. Contact Jan Verrechia at ext 321 if you can contribute food or time to set up or clean up.



Dress Down Days

How does the Health and Wellness committee pay for some of the activities that they sponsor? With your contribution of \$1 on Dress Down Days:

Fridays, April 28, May 19, June 9, June 23, July 7, July 21, August 4 - "Hawaiian Luau" and August 18.

Brenda Gagnon ext.218, Cheryl Stasio ext. 302, and Sharon Thistlewaite-Morra ext.335 will be happy to accept your donation. You get to wear comfortable clothing, and we will use the money to buy refreshments for activities such as the blood drive.

Going for the Silver

If you watched the recent Olympics, you know how difficult it was for an athlete to win bronze, silver or gold. ORS is now beginning the task of trying for the silver. Each approved event will include a ratings survey to help us keep track of our activities and evaluate their success. A new needs and interest survey and health assessment will be distributed to everyone.

Project Undercover

We will be asking for donations of undergar-

ments for babies, children and adults. Watch for the collection baskets on each floor.

What's planned for summer?

Tentative dates for Wellness Activities are:
April/May - Melanie Sbardella will demonstrate how to do stretching exercises at your desk
Friday, July 21 - White water rafting trip
Friday, August 4 - Second Annual Luau - 2:30 pm
Saturday, August 19 - Family, friends and coworkers picnic at Goddard Park

Massage Therapy? Aerobics, kickboxing or other exercise videos in a group? Bus trips to plays, sports events...Bring your ideas to Cheryl Stasio X 302, someone on the Wellness Committee or to the next meeting.

Another way to help yourself and others is to join the Southern New England Heart Walk on Saturday, May 6 at Colt Park from 8:30 am- noon. Proceeds will support the American Heart Association. Contact Judy Trieff at (401) 330-1702.

Want to Play Ball!!!!

If you would like to join a competitive Softball League in Johnston this summer, contact Melanie Sbardella at ext. 338. or Do you have the urge to pound a Volleyball over the net? Volleyball on the state house lawn is beginning soon. Contact John Chin at ext. 387 if you are interested.



Yoga Continues!

A six-week session began on Wednesday, March 1. Classes are held in the eighth floor conference room from 4:15 - 5:15 pm. Contact the instructor, Manuela Birner at moonduck@earthlink.net for more information. Ask her about dropping in for one session to see what yoga is all about!

Shape-Up ORS is a Statewide Health Initiative

The "ORS Southern Beachcombers" of Region 4 have already registered. Check the website @ <http://shapeupri.org> for more information or contact Roberta Accetturo at ext. 368.

Other wellness activities being promoted in RI are Chair Yoga, Body Sculpting, Aerobics Classes and Yoga Classes. More information is available at <http://getfitri.ri.gov>.



Health and Wellness Past Events

ORS Annual Heart and Soul Tea

What do worksite wellness, nutrition, health care privacy and heart knowledge have in common?



They were all categories of the Health and Wellness Game created by Dr. Elizabeth Conklin. Competition was fierce, but friendly between the two teams. In the end, Joanne Nannig's group prevailed over Ron Racine's team!!!

Kudos go to Dr. Conklin for providing this informative contest and to Roberta Accetturo and Ellie Pickering for organizing the tea.



(Kristy's last Health & Wellness Event)

ORS's Go Red for Women Day netted \$ 195 for the American Heart Association. Thanks to Rosemary Feeney for organizing this annual charitable event.

(Continued from page 1)

True or False!

The following "numbers" are considered desirable:

Total cholesterol < 200 mg/dl

Triglycerides < 150 mg/dl

If you eat 1,000 more calories per day than you burn you will gain about one pound per month.

If you did not know the answers to the previous questions, ask Dr. Conklin, someone who attended the tea or check the following websites:

<http://eatright.org>

<http://cfsan.fda.gov/label.html>

<http://myUHC.com> [United Health Care]

<http://getfitri.ri.gov>

<http://www.americanheart.org>

<http://www.cancer.org> <http://www.lungusa.org>

<http://www.health.ri.gov/topics/rthc/index.php> [RI Health Coalition]



Blood Drive

Sixteen people from ORS donated this priceless resource. Nancy Tasca successfully mobilized the first blood drive at 40 Fountain St.

Helping to Fight Cancer

One of the first flowers of spring, daffodils can be seen brightening work stations throughout our building. Thanks to Brenda Gagnon for arranging to brighten our lives with these colorful flowers while helping others to find a cure.

Celebration

Ray Carroll receiving his 40 Year State Service Pen.

